




MAY



MIAMI BEACH

Senior Calendar

Mon	Tue	Wed	Thu	Fri
1 *Sign-up for Dolphin Mall *Sign- up for Luau Party <u>*Chair Aerobics: 9:30am - 10:30am</u> <u>Bridge: 1:00pm - 3:00pm</u> <u>English Classes: 2:00pm - 4:00pm</u> <u>Pole Walking: 3:45pm -5:00pm</u>	2 <u>*Chair Yoga: 9:30am - 10:30am</u> <u>*Tai Chi: 10:45am - 11:45am</u> <u>*Bingo: 12:00pm - 2:00pm</u> <u>Spanish: 3:00pm - 5:00pm</u> <u>Living Healthy: 2:00pm - 4:30pm</u>	3 <u>*Dance Fusion: 10:45am - 11:45am</u> <u>*Chi Gong: 1:00pm - 2:00pm</u> <u>Legal Services: 1:00pm - 3:00pm</u> <u>English Classes: 2:0pm - 4:00pm</u> <u>Pole Walking: 3:45pm - 5:00pm</u>	4 <u>*Chair Yoga: 9:30am - 10:30am</u> <u>*Tai Chi: 10:45am - 11:45am</u> <u>*Bingo: 12:00pm - 2:00pm</u> <u>Home Phone Give Away: 10:00am - 3:00pm</u> <u>Spanish: 3:00pm - 5:00pm</u>	5 <u>*Chair Aerobics: 9:30am - 10:30am</u> <u>*Bingo: 12:00pm - 2:00pm</u> <u>Pole Walking: 3:45pm -5:00pm</u>
8 <u>*Chair Aerobics: 9:30am - 10:30am</u> <u>Karma Yoga: 11:00am - 12:00pm</u> <u>Bridge: 1:00pm - 3:00pm</u> <u>English Classes: 2:00pm - 4:00pm</u> <u>Pole Walking: 3:45pm -5:00pm</u>	9 <u>*Chair Yoga: 9:30am - 10:30am</u> <u>*Tai Chi: 10:45am - 11:45am</u> <u>*Bingo: 12:00pm - 2:00pm</u> <u>Spanish: 3:00pm - 5:00pm</u> <u>Living Healthy: 2:00pm - 4:30pm</u>	10 *Trip to Dolphin Mall <u>*Dance Fusion: 10:45am - 11:45am</u> <u>*Chi Gong: 1:00pm - 2:00pm</u> <u>English Classes: 2:00pm - 4:00pm</u> <u>Pole Walking: 3:45pm - 5:00pm</u>	11 Mother's Day Party 12:00pm - 3:00pm <u>*Chair Yoga: 9:30am - 10:30am</u> <u>*Tai Chi: 10:45am - 11:45am @NSPYC</u> <u>*Bingo: Canceled</u> <u>Spanish: 3:00pm - 5:00pm</u>	12 <u>*Chair Aerobics: 9:30am - 10:30am</u> <u>*Bingo: 12:00pm - 2:00pm</u> <u>Cell Phone Give Away: 9:30am-12:00pm</u> <u>Pole Walking: 3:45pm – 5:00pm</u> <u>Immigration Services: 10:00am - 2:00pm</u> <u>Drivers Safety Class: 10:00am - 2:00pm</u>
15 *Sign-up for Brunch Cruise <u>*Chair Aerobics: 9:30am - 10:30am</u> <u>Karma Yoga: 11:00am - 12:00pm</u> <u>Bridge: 1:00pm - 3:00pm</u> <u>English Classes: 2:00pm - 4:00pm</u> <u>Pole Walking: 3:45pm - 5:00pm</u>	16 <u>*Chair Yoga: 9:30am - 10:30am</u> <u>*Tai Chi: 10:45am - 11:45am</u> <u>*Bingo: 12:00pm - 2:00pm</u> <u>Spanish: 3:00pm –5:00pm</u> <u>Living Healthy: 2:00pm - 4:30pm</u>	17 <u>*Dance Fusion: 10:45am - 11:45am</u> <u>*Chi Gong: 1:00pm - 2:00pm</u> <u>English Classes: 2:00pm - 4:00pm</u> <u>Pole Walking: 3:45pm - 5:00pm</u>	18 <u>*Chair Yoga: 9:30am - 10:30am</u> <u>*Tai Chi: 10:45am - 11:45am</u> <u>*Bingo: 12:00pm—2:00pm</u> <u>Health Screening: 10:00am - 1:00pm</u> <u>Spanish: 3:00pm - 5:00pm</u>	19 <u>*Chair Aerobics: 9:30am - 10:30am</u> <u>*Bingo: 12:00pm - 2:00pm</u> <u>Pole Walking: 3:45pm – 5:00pm</u>
22 <u>*Chair Aerobics: 9:30am - 10:30am</u> <u>Karma Yoga: 11:00am - 12:00pm</u> <u>Bridge: 1:00pm - 3:00pm</u> <u>English Classes: 2:00pm - 4:00pm</u> <u>Pole Walking: 3:45pm - 5:00pm</u>	23 <u>*Chair Yoga: 9:30am - 10:30am</u> <u>*Tai Chi: 10:45am - 11:45am</u> <u>*Bingo: 12:00pm - 2:00pm</u> <u>Spanish: 3:00pm - 5:00pm</u> <u>Living Healthy: 2:00pm - 4:30pm</u>	24 *Luau Party <u>*Dance Fusion: 10:45am - 11:45am</u> <u>*Chi Gong: 1:00pm - 2:00pm</u> <u>English Classes: 2:00pm - 4:00pm</u> <u>Pole Walking: 3:45pm - 5:00pm</u>	25 <u>*Chair Yoga: 9:30am - 10:30am</u> <u>*Tai Chi: 10:45am - 11:45am</u> <u>*Bingo: 12:00pm - 2:00pm</u> <u>Customer Service Training: 11:00am - 2:00pm</u> <u>Spanish: 3:00pm - 5:00pm</u>	26 <u>*Chair Aerobics: 9:30am - 10:30am</u> <u>*Bingo: 12:00pm - 2:00pm</u> <u>Cell Phone Give Away: 9:30am-12:00pm</u> <u>Pole Walking: 3:45pm – 5:00pm</u> <u>Immigration Services: 10:00am - 2:00pm</u>
29 CLOSED FOR MEMORIAL DAY 	30 <u>*Chair Yoga: 9:30am - 10:30am</u> <u>*Tai Chi: 10:45am - 11:45am</u> <u>*Bingo: 12:00pm - 2:00pm</u> <u>Spanish: 3:00pm –5:00pm</u>	31 *Brunch Cruise  <u>*Dance Fusion: 10:45am - 11:45am</u> <u>*Chi Gong: 1:00pm - 2:00pm</u> <u>English Classes: 2:00pm - 4:00pm</u> <u>Pole Walking: 3:45pm - 5:00pm</u>		* = Offered by Miami Beach Parks and Recreation Revised 5/4/17

General Information:

Classes, programs and workshops offered by UNIDAD

- **English Classes** - Every Monday & Wednesday, 1:30pm - 4:00pm
- **Bridge Card Game** - Every Monday, 1:00pm - 3:00pm
- **Karma Yoga** - Every Monday, 11:00am - 12:00pm
- **Spanish Classes** - Every Tuesday & Thursday, 3:00pm - 5:00pm
- **Pole Walking** - Every Monday, Wednesday & Friday, 3:45pm - 5:00pm
- **Cell Phone Give Away** - Every other Thursday, 9:30am - 12:00pm
- **Immigration Services** - Every other Friday, 10:00am - 2:00pm
- **Legal Services** - Wednesday, 5/03 1:00pm - 3:00pm
- **Chi Gong** - Every Wednesday, 1:00pm - 2:00pm
- **Living Healthy Class** - Tuesday, 5/2, 5/9, 5/16, 5/23, 1:00pm - 2:00pm
- **Home Phone Give Away** - Thursday, 5/4, 10:00am - 3:00pm
- **Drivers Safety Class** - Friday, 5/12, 10:00am - 2:00pm
- **Health Screening** - Thursday, 5/18, 10:00am - 1:00pm
- **Customer Service Training** - Thursday, 5/25, 11:00am - 2:00pm

Registration Now Available at UNIDAD CENTER

UNIDAD Senior Center Director, Raymond Adrian

7251 Collins Avenue, Miami Beach, FL 33141, 305-867-0051

radrian@unidadmb.org

Classes offered by Miami Beach Parks and Recreation at Normandy Pool

- **Water Aerobics** - Every Tuesday & Thursday, 1:00pm - 2:00pm

7030 Trouville Esplanade, Miami Beach, FL 33141

305-993-2021

Schedules subject to change. Please call (305) 867-0051 for most updated information.

To request this material in alternate format, sign language interpreter (five-day notice required), information on access for persons with disabilities, and/or any accommodation to review any document or participate in any city-sponsored proceedings, call 305.604.2489 and select 1 for English or 2 for Spanish, then option 6; TTY users may call via 711 (Florida Relay Service).

MAY EVENTS & FIELD TRIPS * SIGN UP at NSPYC

*EVENT - Luau Party

Jungle Island - Sabal Palm Plaza (1111 Parrot Jungle Trail, Miami, FL, 33132)

Wednesday, May 24, 2017 6:00pm - 8:30pm (FREE)

RSVP Required - RSVP list will be located at UNIDAD.

Sign-up starts Monday, May 1, 2017

Transportation is provided: Buses leave NSPYC at 4:30pm.

*TRIP 1 - Dolphin Mall

(Max: 70 people) May 10, 2017 (FREE)

Bus leaves North Shore Park @ 9:30am

Returns to North Shore Park @ 3:00pm

"Lunch NOT included"

Sign-up starts Monday, May 1, 2017 at NSPYC

*TRIP 2 - Brunch Cruise

(Max: 80 people) May 31, 2017 (\$10 per Senior /CASH ONLY)

Bus leaves North Shore Park @ 9:30am

Returns to North Shore Park @ 3:00pm

"Lunch IS included"

Sign-up starts Monday, May 15, 2017 at NSPYC

EVENT - Mother's Day Party

May 11, 2017 (FREE) 12:00pm - 3:00pm

Location: Unidad

* = Classes, programs and workshops offered by

Miami Beach Parks and Recreation

- ***Chair Aerobics** - Every Monday & Friday, 9:30am - 10:30am
- ***Chair Yoga** - Every Tuesday & Thursday, 9:30am - 10:30am
- ***Tai Chi** - Every Tuesday & Thursday, 10:45am - 11:45pm
- ***Dance Fusion** - Every Wednesday, 10:45am - 11:45am
- ***Bingo** - Every Tuesday, Thursday, & Friday 12:00am - 2:00pm
- ***Fine Arts** - Every Friday, 9:30am - 2:00pm
- ***Ceramics** - Every Wednesday, 9:00am - 2:00pm (monthly fee)
- ***Fitness Center** - Monday-Sunday, 8:30am - 3pm (free to members)

North Shore Park and Youth Center

501 72nd Street, Miami Beach, FL 33141, 305-861-3616

Kevin Cobas: kevincobas@miamibeachfl.gov

David Rodriguez: davidrodriguez@miamibeachfl.gov